

A communications earpiece includes a member shaped to fit within an ear canal. The member has a passageway extending therethrough. There is a filter communicating with the passageway. The filter has a passageway extending therethrough and is aligned with the passageway in the member. The passageway in the filter has at least a portion which is narrower than the passageway in the member. Preferably the passageway in the filter has a first section and a second section. The second section is narrower than the first section and the passageway in the member. A method of attenuating acoustical signals in the communications earpiece is also provided. The earpiece has a member shaped to fit within an ear canal. The member has a passageway extending therethrough. The method comprises placing a restriction in the earpiece which is substantially narrower than the passageway and which communicates with the passageway.